

NOTE:
Please read all instructions
carefully before using this
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model
IGS-04

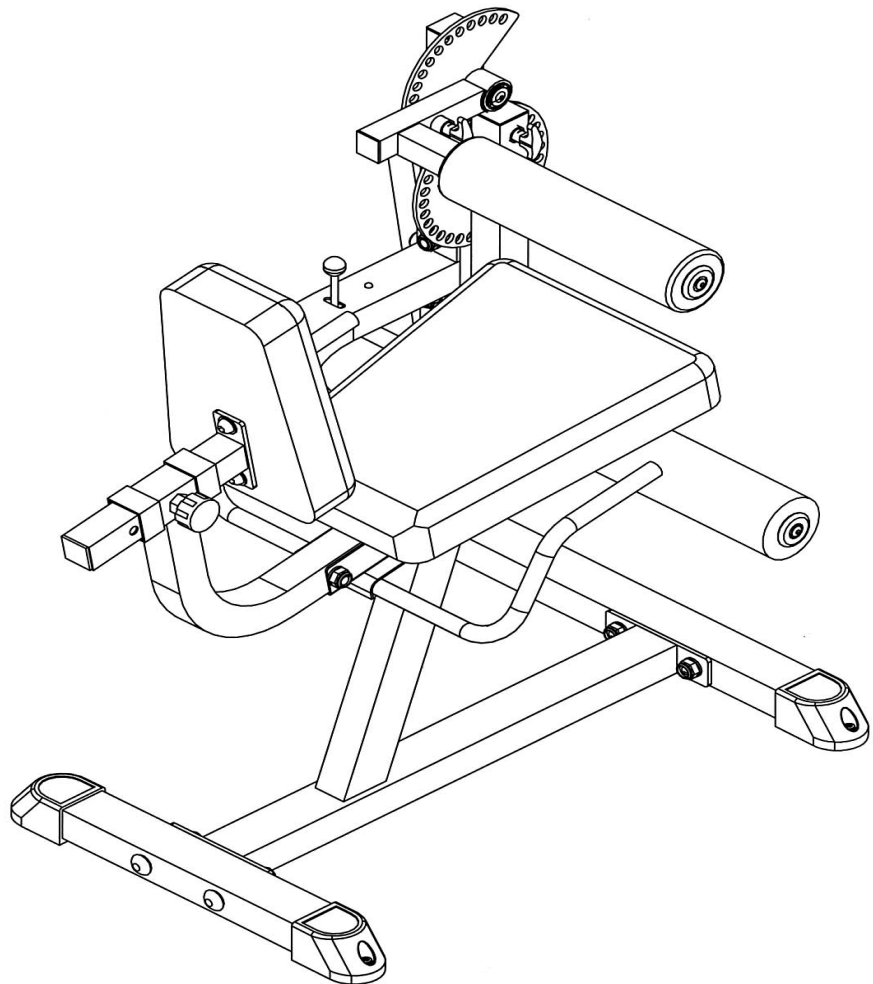
Retain This
Manual for
Reference

02-28-02

OWNER'S
MANUAL

IRON GRIP **SPORT**TM

IGS-04 LEG CURL/EXTENSION BENCH



IMPEX FITNESS PRODUCTS

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BEFORE YOU BEGIN

Thank you for selecting the **IRON GRIP SPORT IGS-04** Leg Curl/Extension Bench by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number.* Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number

1-800-999-8899

Mon. - Fri. 9 a.m. - 5 p.m. PST

www.impex-fitness.com

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

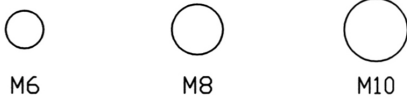
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

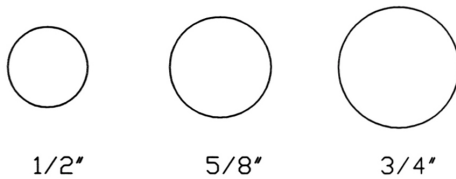
HARDWARE IDENTIFIER

PLACE WASHER, END OF BOLT, OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

MILLIMETERS



INCHES



REPLACEMENT PARTS

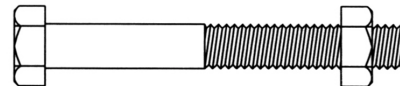
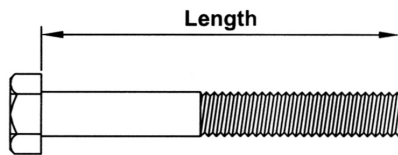
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

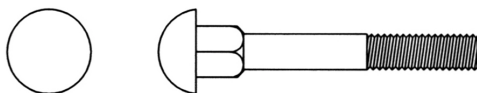


1-800-999-8899

NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

ASSEMBLY INSTRUCTION

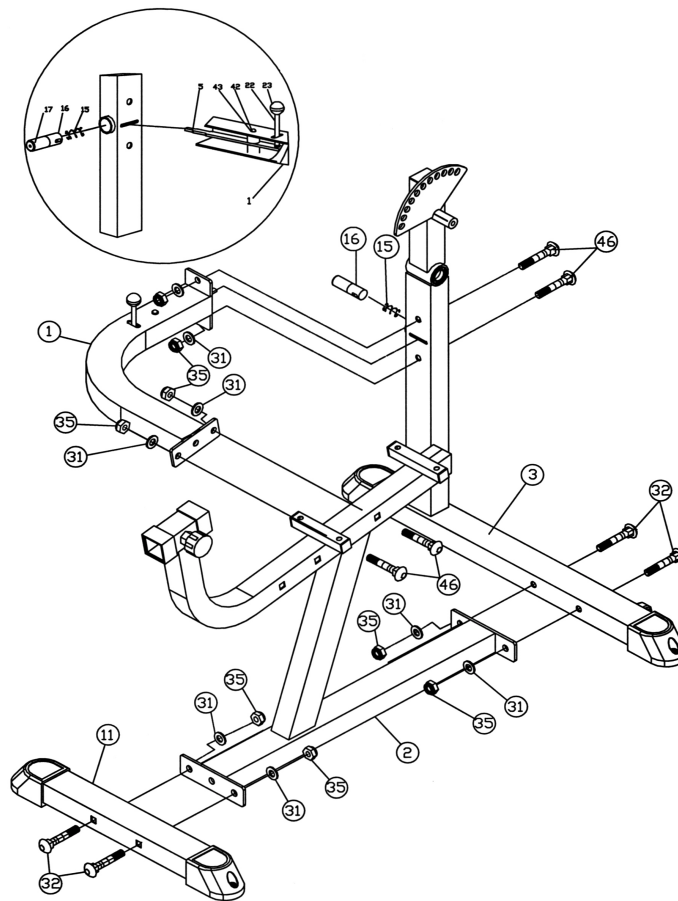
Tools Required Assembling the Machine: Adjustable Wrench, Allen Wrench and Hammer

NOTE: It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

STEP 1 (See Diagram 1)

- A.) Attach the Stabilizer (#11) to the Seat Support (#2). Secure it with two M10 x 3 1/2" Carriage Bolts (#32), \varnothing 3/4" Washers (#31) and M10 Aircraft Nuts (#35).
- B.) Attach the Main Frame (#3) to the other end of Seat Support (#2). Secure it with two M10 x 3 1/2" Carriage Bolts (#32), \varnothing 3/4" Washers (#31) and M10 Aircraft Nuts (#35). Do not tighten the nuts and bolts yet.
- C.) Attach the Cross Brace (#1) to the Seat Support (#2). Secure it with two M10 x 2 3/4" Carriage Bolts (#46), \varnothing 3/4" Washers (#31), and M10 Aircraft Nuts (#35).
- D.) Attach the Spring (#15) to the Stopper (#16). Push the Stopper into the hole on the post on the Main Frame. Align the slot on the Stopper with the open slot on the post. Insert the Lever (#5) through the open slot on the post into the slot on the Stopper.
- E.) Attach the Cross Brace (#1) to the Main Frame (#3). Secure it with two M10 x 2 3/4" Carriage Bolts (#46), \varnothing 3/4" Washers (#31), and M10 Aircraft Nuts (#35). Tighten all nuts and bolts previously installed.

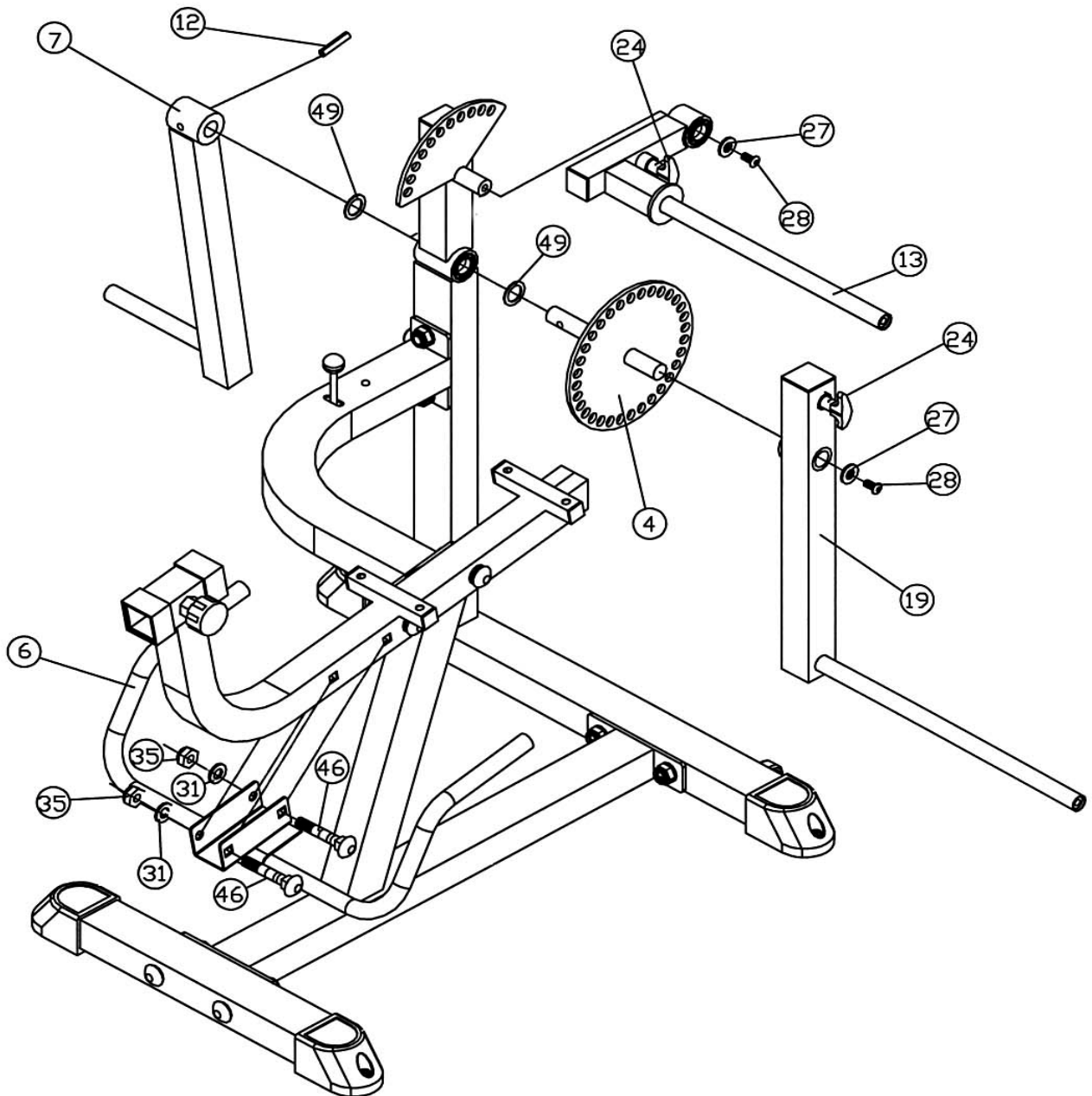
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Slide a $\varnothing 1 \frac{1}{2}$ " Plastic Spacer (#49) onto the Axle on the Adjustment Plate (#4). Insert the Axle through the Pivot Barrel on the Main Frame. Slide another Spacer onto the Axle.
- B.) Slide the Weight Holder (#7) onto the Axle and align the holes. Insert a Roll Pin (#12) through the hole and drive it in with a hammer.
- C.) Attach the Leg Developer Frame (#19) onto the Axle on the Adjustment Plate (#4). Secure it with one M10 x $\frac{3}{4}$ " Allen Bolt (#28) and $\varnothing 1 \frac{3}{8}$ " Washer (#27).
- D.) Slide the Knee-lock Frame (#13) onto the pivot axle on the Main Frame. Secure it with one M10 x $\frac{3}{4}$ " Allen Bolt (#28) and $\varnothing 1 \frac{3}{8}$ " Washer (#27).
- E.) Attach the open bracket on the Handle (#6) to the Seat Support (#2). Secure it with two M10 x $2 \frac{3}{4}$ " Carriage Bolts (#46), $\varnothing \frac{3}{4}$ " Washers (31), and M10 Aircraft Nuts (#35).

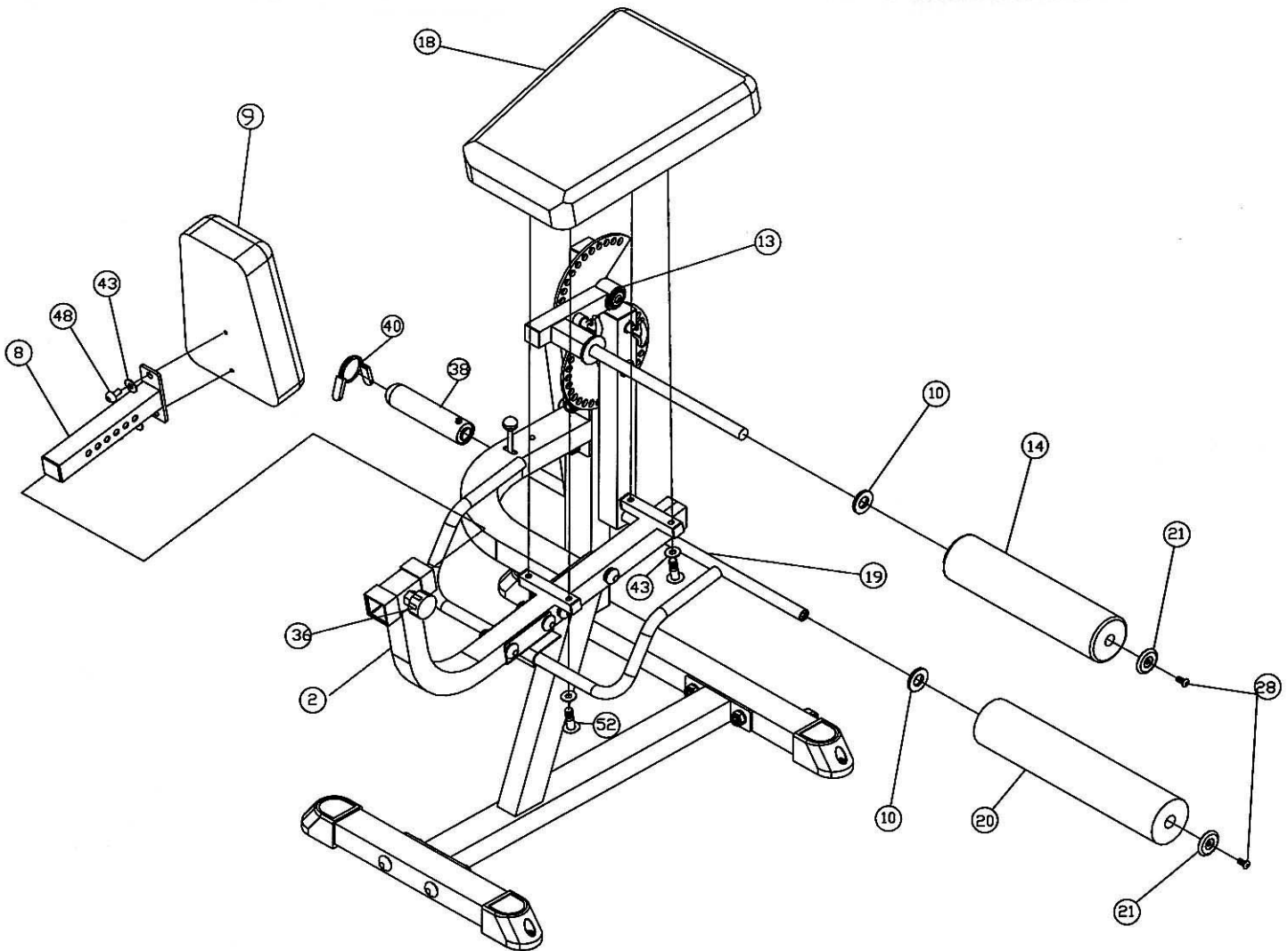
DIAGRAM 2



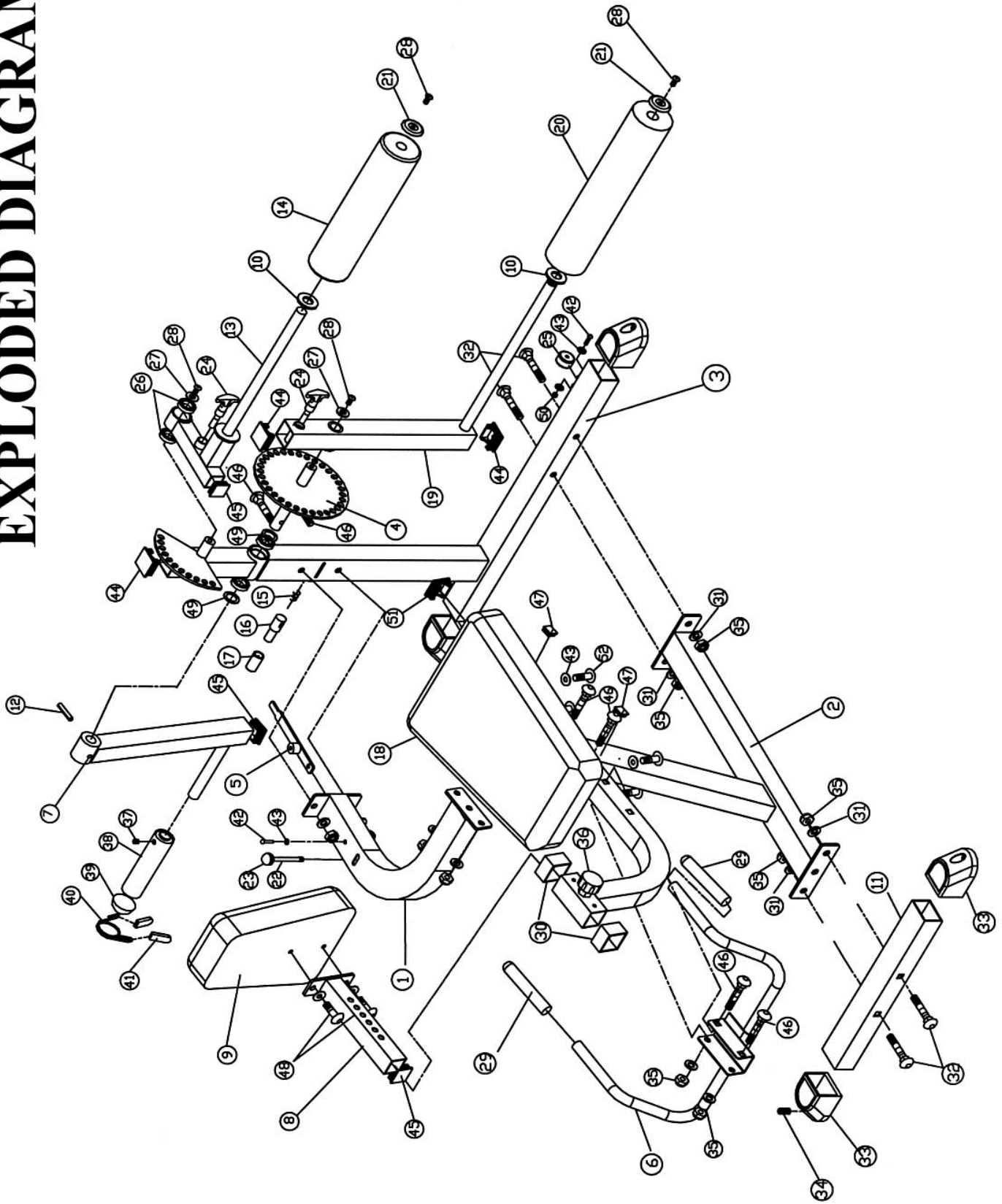
STEP 3 (See Diagram 3)

- A.) Attach the Seat Pad (#18) to the Seat Support (#2). Secure it with four M8 x 2 1/8" Allen Bolts (#52) and \varnothing 5/8" Washers (#43).
- B.) Attach the Backrest Board (#9) to the Backrest Adjustment Frame (#8). Secure it with two M8 x 1 3/8" Allen Bolts (#48) and \varnothing 5/8" Washers (#43). Insert the Backrest Adjustment Frame (#8) into the opening on the Seat Support (#2). Secure it with a Lock Knob.
- C.) Slide a \varnothing 2" Washer (#10) onto the tube on the Knee-lock Frame (#13). Push the 18" Foam Roll (#14) onto the tube. Secure it with a \varnothing 2 1/8" Nylon Washer (#21) and a M10 x 3/4" Allen Bolt (#28).
- D.) Repeat Step C above to install the other 21" Foam Roll (#20).
- E.) Attach the Olympic Sleeve (#38) onto the Weight Holder (#7). Clip the Spring Clip (#40) onto the Olympic Sleeve.

DIAGRAM 3



EXPLODED DIAGRAM



PARTS LIST

| KEY NO. | DESCRIPTION | Q'ty |
|---------|--------------------------------|------|
| 1 | Cross Brace | 1 |
| 2 | Seat Support | 1 |
| 3 | Main Frame | 1 |
| 4 | Adjustment Plate | 1 |
| 5 | Lever | 1 |
| 6 | Handle | 1 |
| 7 | Weight Holder | 1 |
| 8 | Backrest Adjustment Frame | 1 |
| 9 | Backrest Board | 1 |
| 10 | Ø 2" Washer | 2 |
| 11 | Stabilizer | 1 |
| 12 | Roll Pin | 1 |
| 13 | Knee-lock Frame | 1 |
| 14 | Knee-lock Foam Roll (18") | 1 |
| 15 | Spring | 1 |
| 16 | Stopper | 1 |
| 17 | Bumper | 1 |
| 18 | Seat Pad | 1 |
| 19 | Leg Developer Frame | 1 |
| 20 | Leg Developer Foam Roll (21") | 1 |
| 21 | Ø 2 1/8" Nylon Washer | 2 |
| 22 | Lever Handle | 1 |
| 23 | Lever Knob | 1 |
| 24 | T-shaped Pull Pin | 2 |
| 25 | Roller Wheel | 2 |
| 26 | Bearing | 4 |
| 27 | Ø 1 3/8" Washer | 2 |
| 28 | M10 x 3/4" Allen Bolt | 4 |
| 29 | Handle Grip | 2 |
| 30 | Sleeve | 2 |
| 31 | Ø 3/4" Washer | 10 |
| 32 | M10 x 3 1/2" Carriage Bolt | 4 |
| 33 | 2" x 2 3/4" Horse Shoe End Cap | 4 |
| 34 | M10 x 1" Round Allen Bolt | 4 |
| 35 | M10 Aircraft Nut | 10 |
| 36 | Lock Knob | 1 |
| 37 | M8 x 1/2" Screw | 1 |
| 38 | Olympic Sleeve | 1 |
| 39 | Olympic Sleeve End Cap | 1 |
| 40 | Spring Clip | 1 |
| 41 | Spring Clip Sleeve | 2 |
| 42 | M8 x 1 5/8" Allen Bolt | 3 |
| 43 | Ø 5/8" Washer | 11 |
| 44 | 2" Square End Cap | 3 |
| 45 | 1 3/4" Square End Cap | 3 |
| 46 | M10 x 2 3/4" Carriage Bolt | 6 |
| 47 | 1" Square End Cap | 4 |
| 48 | M8 x 1 3/8" Allen Bolt | 2 |
| 49 | Ø 1 1/2" Plastic Spacer | 2 |
| 50 | M8 Aircraft Nut | 2 |
| 51 | 2" x 2" End Cap | 1 |
| 52 | M8 x 2 1/8" Allen Bolt | 4 |

IRON GRIP SPORT

By IMPEX FITNESS PRODUCTS

LIMITED LIFE TIME WARRANTY

IMPEX FITNESS PRODUCTS ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of LIFE TIME on the Frame and Weld, 3 YEARS on parts, and 6 MONTHS on upholstery from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for heavy commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. Register on-line at www.impex-fitness.com

IMPEX INC.
14777 Don Julian
City of Industry, CA 91746

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.
info@impex-fitness.com

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase